



Let's Call It

QUITS!

Don't blow smoke in the face of those you love!



BAD
4 U

NO
WAY

I QUIT!

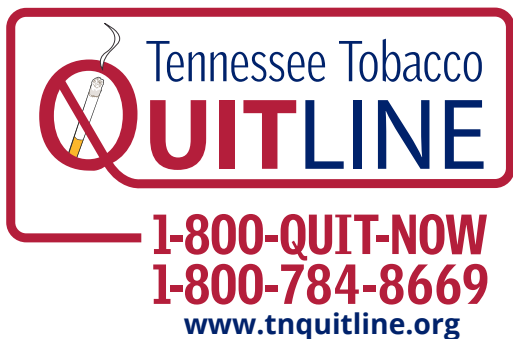


QUIT
NOW

BREAK UP WITH TOBACCO TODAY!

Ready to move on from your
relationship with tobacco?

Call the Tennessee Tobacco
QuitLine today to get started!



You can also join the program online
at www.tnquitline.org. IT'S FREE!!

It's hard to quit smoking, but studies show people
who use a program are much more successful.

#CallItQuitsTN

Use this hashtag to share your quit
story on social media and find more
information about Quit Week events.



Department of
Health



Let's Call It **QUITS!**



Do you know the dangers of vaping and e-cigarettes?

QUIT
IT

BAD
4 U



QUIT
NOW

NO
WAY

The aerosol from e-cigarettes and vape pens is NOT harmless.

It contains benzene, which is found in car exhaust, and heavy metals such as nickel, tin and lead.



One vape pod also contains the same amount of nicotine as a pack of cigarettes.



Vape
Pens



Vape
Pods



E-cigs

E-cigarettes produce dangerous chemicals which can cause:



Asthma
COPD

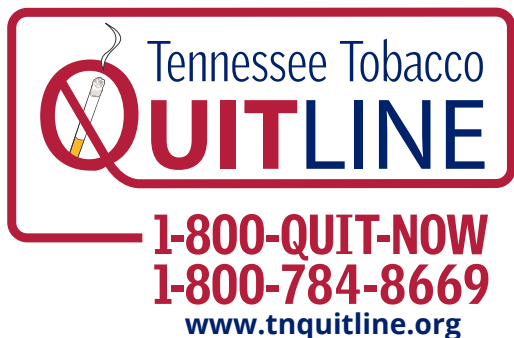
Acute Lung Injury
Lung Cancer
Heart Disease



BREAK UP WITH NICOTINE TODAY!

Ready to end your
relationship with nicotine?

Call the Tennessee Tobacco
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It's hard to quit your nicotine habit, but studies show
people who use a program are much more successful.

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Let's Call It

QUITS!



I QUIT!

BAD
4 U

QUIT
NOW

TOBACCO
1-555-BAD-HABT

Meet me
outside in 5!

No! You're sooo
controlling and you
ruin every part
of my life!!



My HEALTH!



My RELATIONSHIPS!



My clothes, my time.
I can't do this!!



I'm
done!

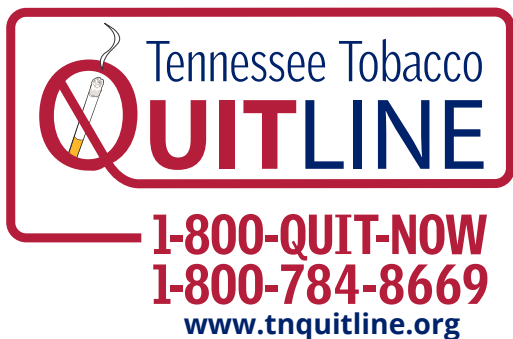
SEND



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